

# the newham mag

**ISSUE 147**  
14 June 2008



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> **Page 10** Change the way you shop:  
say no to plastic bags







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ROAD AND WATER SAFETY in Newham



# the newham mag



Next week High Street North will host Newham's first plastic bag free day. Plastic bags are a hot topic at the moment and we tell you how a small change can make a huge difference. We catch up with Newham's Young Mayor and hear police plans

for tackling knife crime. We've only one more issue until the Mayor's Newham Show so don't forget to read our update and book out the second weekend in July.

Anita

**On the cover:**  
Save the world  
a bag at a time



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**PRINT/REPROGRAPHICS:** Woodford Litho Ltd  
**DISTRIBUTION:** Letterbox distribution



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Look out for the next issue from 28 June

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Published by the London Borough of Newham



# IN BRIEF //

## Have your say on proposed new centre

A formal planning application has been submitted to Newham Council by the London Development Agency (LDA) for a new community centre in Chandos Road, Stratford.

Plans for the centre also includes the development of a new children's park in Chandos Road and improvements to the Chandos Road Park area.

Residents are invited to attend drop-in sessions on Tuesday 24 June and Tuesday 1 July at the Chandos Centre. The LDA will be exhibiting their proposals and welcome comments and feedback on their plans.

## Stroke support

Stroke survivors and their carers are invited to the first general meeting of the Newham Stroke Club on Wednesday 25 June.

The Stroke Club is open to any resident who has had a stroke or mini stroke and to their carers. It was initiated by Councillor Abdul Shakoar, who is himself a stroke survivor. The group raises awareness of stroke issues and provides support to stroke sufferers and their carers. For more information call: 020 7363 9257.

## Artistic Hub

Head to the Hub for Not so Private View – a collection of art by Newham artists adorning the walls at the Canning Town venue in Star Lane. Come and see for yourselves on Wednesday 25 June between 6.30 and 9.30pm. The exhibition is free and all are invited to attend.

## Mayor praises bomb disposal experts



Mayor Sir Robin Wales and Detective Chief Superintendent Nick Bracken meet the Army and emergency services

Mayor Sir Robin Wales paid tribute to the Army and emergency services that defused a World War Two bomb which was unearthed near the River Lea in Stratford.

The bomb, containing more than 1,000kg of explosive, was the largest found in London since 1975. The Army built a sand structure around it to contain any detonation and it was finally dealt with in a controlled explosion.

The Mayor was allowed just inside the 200-metre evacuation zone to see how the Army, police and emergency services and the council's own emergency planning and resilience team had been dealing with the problem.

Said Sir Robin: "The fact they have dealt with such a potentially dangerous situation with a minimum of disruption to local people has been nothing short of incredible. Everybody has taken the needs of the community into account and this has been a real combined effort."

## Snap up a camera

Budding artists and marketing supremos aged between 14 and 19 are invited to design an advert to promote the Newham Sussed website for their chance to win a digital camera.

The newly launched website is crammed with information, useful links and young people's views and follows on from the popular teen magazine Sussed.

There are two entry categories, 14-16 and 17-19, the design can be in any format; you must live work or study in the borough to enter. Entries should be sent by email to [Emma.Deba@newham.gov.uk](mailto:Emma.Deba@newham.gov.uk) or by post to Emma Deba, 14-19 Team, Credon Centre, Kirton Road, E13 9BT. For more information visit [www.newhamsussed.co.uk](http://www.newhamsussed.co.uk)

## Newham welcomes Joe Duckworth aboard

The newly-appointed chief executive of the council, Joe Duckworth, started work on 9 June. Among other priorities, he promised to raise the standard and quality of services for the borough's residents and plans to visit each ward to find out about local needs first hand. Mr Duckworth said: "There's never been a more exciting time to be working for Newham. There has never been a more exciting time to live in Newham. There is nowhere else with a more compelling story to tell. It's why I wanted to join Newham as Chief Executive."

Mr Duckworth has outlined what he sees as four big challenges for the council:

- > Regeneration and jobs
- > Public safety
- > What the place looks like
- > Making sure everyone gets the best out of life

Mayor Sir Robin Wales welcomed the new chief executive, saying: "The London Olympic Games and Paralympic Games in 2012 will bring Newham to the forefront of world attention and Joe's

experience in strong governance and financial controls will be invaluable."



## Stratford Centre goes green

Shoppers and schoolchildren experienced Mad Science at Stratford Centre to mark World Environment Day.

A range of green-related activities demonstrated the effects of climate change. Experiments included shoppers cooking up a foggy dry ice storm, whilst Stratford's Mad Scientist showed the benefits of replacing plastic packaging with material made from potato starch.

The council's recycling team handed out free recycled goodies with advice and top tips on leading a greener life.

Tollgate Primary School performed songs with environmental themes and inspired shoppers to sing-along. The children also handed out stickers with practical steps on how to change the world.



Cooking up a storm – dry ice demo at Stratford Centre

Paul Redden, centre manager at Stratford said: "While the day had a

serious edge, our shoppers certainly enjoyed taking part in the experience."



# NEWS // IN PICTURES

Blooming marvellous: Poppies  
in East Ham's Central Park.





## NEWS // IN PICTURES

**1** Entry for London City Airport Art Awards. **2** Newham marks Volunteer Week. **3** HRH Prince Willem-Alexander meets Newham Swords' Linda Strachan at the Atherton Leisure Centre. **4** Cycling the Greenway at the launch of Newham's Ride and Stride Map.



## Art at the Airport

The winners of the eleventh annual London City Airport Art Awards have just been announced and I went to the ceremony to meet them. The awards, which are open to those living within five miles of the airport, not only celebrate the creativity of our residents but also offer the lucky winner the opportunity to have their work exhibited in the departure lounge of the Docklands' prestigious venue.

This year's theme, "What do the Olympics coming to Newham mean to you?" was particularly close to my heart. The 2012 Olympics means so many different things to so many people and the entries reflected that.

**"Events such as the annual Art Awards highlight just how much great talent we have in Newham and I am pleased to continue to support the airport in this way"**

I was thrilled to congratulate Rhoda Webb from Forest Gate on winning first prize for her photo montage entitled *Renewal*. Rhoda said: "I really enjoyed the challenge of this year's topic of the 2012 Olympics and I am delighted to have won."

Events such as the annual Art Awards highlight just how much great talent we have in Newham and I am pleased to continue to support the airport in this way.

Daksha Amin from Forest Gate scooped the second prize for her oils on canvas piece entitled 'Olympics in Newham', while in third place was Allan Williams from Manor Park.



Top from left to right: Richard Gooding OBE, chief executive of London City Airport, Rhoda Webb, first prize winner, Sir Robin, Daksha Amin, second prize winner, Allan Williams, third prize winner and Roger Mortimer who was highly commended for his entry.

## Free swims go nationwide

I welcome the Government's recent announcement that they will put £140 million into a challenge fund for nationwide free swimming.

The council has pioneered free swimming for the past four years as a means of tackling inequality of access to sports facilities and encouraging residents to get active and, with this new fund, I hope that we can extend free swimming to all our residents. Free swims for under 16s during the school holidays saw a quadrupling of the number of swimmers in the first year of the scheme, working hand in hand with our free estate based sports activities.

To get young people out and active in the community is great in itself, but this investment in sports and swimming paid dividends for the whole community; youth crime and disorder fell rapidly and there were fewer Newham young people up before local magistrates. That's the value of active civic life: when you engage people in community activity the knock on effects and consequences work together to deliver benefits to everyone.

Being one of the few elected Mayors, I am directly accountable to you. You can meet me and discuss any issues that you think I can help with. To find out more visit my website at [www.newham.gov.uk/mayor](http://www.newham.gov.uk/mayor) or call 020 8430 2107 to find out where I'll be.



# Mayor's view



# Workplace celebrates a successful first year



Our flagship employment scheme, Workplace, celebrated its first birthday on 29 May after a highly successful year.

I joined Councillor Alec Kellaway, our executive member for business partnerships and skills, at Workplace in Stratford for the celebrations – and of course some of their birthday cake!

The scheme has been an enormous success, supporting more than 660 job seekers into work and 920 people into training, proving that residents really are benefiting from the regeneration and the new jobs in the borough.

However this is just the start. I want to help thousands of residents to get into employment, including those who have never worked before, so that they can enjoy a better quality of life. I am dedicated to helping those of our residents who want to help themselves to the opportunities in the borough and I look forward to another year of Workplace's success.

## TACKLING ILLEGAL HOMES

A recent street scene enforcement investigation into anti-social behaviour in the Katherine Road area of East Ham revealed a pocket of alleged illegal dwellings there; properties that are unregulated and dangerous to their inhabitants. The council is still forming a picture of the number of properties where such premises exist and of their condition.

These properties put our residents at risk and are totally unacceptable. I have ordered the council's planning enforcement officers to take action against the owners of properties that have erected or converted additional

dwellings in their back gardens without planning permission or fire safety clearance, and asked for more planning enforcement officers to be brought in to deal with this problem.

As a council we will use all the powers at our disposal to deal with these unregulated private sector premises. Put simply - if these buildings have gone up illegally, we will make sure they come down again.

If we are going to take effective action against this problem, we need the help of our residents. If you are concerned about illegal structures, converted garages,

sheds or other outbuildings, I would urge you to call the council's private sector housing team or planning enforcement team on 020 8430 2000.



# with Sir Robin Wales





(L-R) Fashion Stop owner Naveed Azal with councillors Ted Sparrowhawk, Unmesh Desai, Mary Sykers and Lakmini Shah

# Bag yourself a greener environment Say NO to plastic bags

**Is there such a thing as a good plastic bag? There are the orange ones we use for recycling, but apart from those how many are really necessary? If you wanted to you could probably reduce the number you'd typically use in a week by at least half.**

On Friday 20 June the council and traders in East Ham's High Street North will join forces to get us all to ditch plastic with the borough's first plastic bag free day. Councillors will be visiting businesses and asking them to commit to making a change by signing a "no to plastic bag" pledge. Businesses will receive reusable bags to give to shoppers to use whenever they buy goods, rather than opting for plastic.

In the run up to the event community

lead councillor for East Ham, Lakmini Shah has been busy drumming up support from local businesses. The first to sign the plastic free pledge is owner of Fashion Stop, Naveed Azal. He said: "We're pleased to be supporting this initiative. We're doing our bit by using energy saving light bulbs and less lighting and have requested that our supplier uses less packaging wherever possible. It's important that we all do what we can to protect the environment."

Councillor Shah said: "This is a small step that everyone can take to improve the environment and reduce the number of plastic bags going to landfill. Every plastic bag will outlive you or I as it can take up to a thousand years to decompose. We want

to reduce the number of plastic bags that would typically be used in a day on the High Street by 80 per cent, which is a challenge, but if we all say no thanks to plastic when it's offered it's easily achievable."

On 20 June you can find out more about recycling on the Green Bus, which will be parked in St John's Road car park. Newham Volunteers and students from local schools will be quizzing shoppers about their green credentials and there will be free cotton bags available from participating retailers.

**If you can't make it down on the day, visit [newham.gov.uk](http://newham.gov.uk) for more information on recycling and other green initiatives promoted by the council, like composting and green waste collections.**



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Patient Alfred Grafton  
with Dr Chinegwundoh



# Private health care

Our bodies are made up of millions of different cells. Sometimes these cells become abnormal and start to multiply, causing a growth called a tumor. Tumors can be benign (not cancerous), or malignant (cancerous) and can occur in any part of the body; if left unchecked they can be fatal. Men can be at risk from testicular and prostate cancer, both of which can usually be treated.





## Testicular cancer

Testicular cancer is relatively rare and occurs in young and middle-aged men; around 50 per cent of cases affect men under the age of 35, with 90 per cent of cases affecting men under the age of 55. In the UK almost 2,000 men are diagnosed with the condition each year.

The most common symptom of testicular cancer is a lump or swelling in one of the testicles. Lumps are usually found on the front or the side of the testicle and can feel like a hard, pea-sized swelling.

Other symptoms are:

- > an intermittent dull ache or sharp pain in the testicles or scrotum (loose skin around the testicles)
- > a feeling of heaviness in the scrotum
- > a dull ache in the lower abdomen
- > a sudden collection of fluid in the scrotum (hydrocele)
- > fatigue and generally feeling unwell.

Although not all testicular lumps are not a sign of cancer you should see your GP, visit a sexual health or walk-in centre if you have a lump or swelling in your testicle or other symptoms.

### Did you know?

- > When male babies grow in the womb their testicles develop inside their abdomen. The testicles normally move down into the scrotum by the time the baby is born.
- > Testicular cancer is one of the most treatable cancers with approximately 95 per cent of men making a full recovery.

## Prostate cancer

Newham University Hospital Urology consultant, specialising in prostate and testicular problems, Dr Frank Chinegwundoh, suggests men check their testicles for lumps or swelling every month: "Testicular cancer is easier to treat the earlier it is diagnosed. Familiarise yourself with the size and weight of your testicles and use your fingers and thumbs to feel for lumps – you'll soon recognise if something feels different. The best time to do this is after a shower or bath as your skin will be more relaxed."

Every year around 9,000 men die from prostate cancer in England and Wales. It is more likely to affect men over the age of 65 but men in their fifties can develop the disease. Prostate

cancer usually progresses slowly and can take years before it spreads to other parts of the body.

The prostate is a small gland in the pelvis that is found only in men. It surrounds the urethra – the tube that carries urine. The causes of prostate cancer are unknown and there are usually no symptoms until the cancer grows large enough to put pressure on the urethra.

Symptoms:

- > having to urinate suddenly
- > experiencing pain whilst urinating
- > frequent urination, especially during the night
- > urine flow is weak and irregular
- > problems beginning urination
- > feeling your bladder is not empty after urination.

Having any of these symptoms does not automatically mean you have prostate cancer but you should be examined by your GP, who may refer you for a blood test.

### Did you know?

- > Many men's prostates get larger as they get older due to a condition called benign prostatic hyperplasia
- > Seventy percent of all prostate cancer cases occur in men over the age of 65.
- > Prostate cancer is more common amongst men of African-Caribbean and African descent; the reason for this is unknown.

## Are you at risk?

If a close male relative had prostate cancer your chances of also developing it are increased.

A diet high in dairy products and red meat has been linked to a heightened risk of developing prostate cancer, with rates lower in people who eat a mainly or entirely vegetarian diet. Eating lots of tomatoes, which contain the cell-defending antioxidant lycopene, may prevent the illnesses; watermelon, papaya and pink grapefruit also contain lycopene.

Dr Chinegwundoh said: "Prostate cancer progresses very slowly and it can be years before it begins to affect a man's quality of life. As you get older your chances of developing the illness increase but not all cases need to be treated aggressively. Once diagnosed we regularly monitor patients and it could be years before treatment is necessary."

**If you are concerned about your health visit your GP or nearest walk-in centre.**



# ACT ON ELDER ABUSE

## **World Action on Elder Abuse Day will raise awareness of the mistreatment of elderly people on 15 June.**

In the UK it's estimated that around half a million older people are abused at any one time (Help the Aged 2007). That ill treatment can be physical, sexual, emotional, financial or simply neglect.

Newham Council has its own Safeguarding Adults Team that offers support, advice and training around elder abuse to fellow professionals such as health workers, the police, carers and the public.

Manager Karen Bohan says that one of the most common forms of abuse is financial.

"On a small scale it can be someone being short changed on a regular basis by a paid or unpaid carer, or having cigarettes stolen. But much larger sums of money can be involved.

"We dealt with a case of an elderly lady who was prepared to sell her house at £150,000 below the market price to people she'd met at church. Although we strongly advised her against it she valued their company more than the money.

"There are also what we call 'sweetheart scams', where elderly single men are taken in by younger women. They can persuade the men who are often very lonely to open up joint bank accounts and hand over credit cards and PINs. It's very distressing for families to watch their relatives being deceived in this way."

Whereas professionals can step in to protect abused children, it is not the same for adults who are deemed capable of making their own decisions.

Councillor Joy Laguda, executive member for older people, said: "Any abuse is about control and power. The

Safeguarding Adults team gives the power back to the victim and says that you do not have to tolerate this; contact them and they will support you.

"Our vulnerable older residents need to be protected against abuse and we are committed to ensuring there are processes in place that will enhance the safeguarding of our older citizens."

If you have any concerns about an elderly relative, friend or neighbour contact the council. Ring the main switchboard number on 020 8430 2000 or visit your Local Service Centre and ask to be referred to the Safeguarding Adults team. You do not have to give your name if you would prefer to remain anonymous.



**Are you passionate about making a difference?**  
**Want to learn new skills and improve your job prospects?**  
**Do you want to do something rewarding?**  
**If so, you'd make a great volunteer.**

Volunteers come from all walks of life. Whether you're a high flying executive or a stay at home mum or dad, retired or unemployed volunteer groups need you. If you are interested in volunteering for an organisation like Community Links, Age Concern or Newham Scouts, you can get involved through the Volunteer Network Centre. The council runs the Newham Volunteer programme with a range of opportunities linked to 2012 and council activities. Whether you can spare an hour or a week, someone out there needs your skills.

Newham's volunteer programme began in 2004 as part of the London 2012 bid. Four years later, with the Olympic Games and Paralympic Games secured, more 3,000 people have signed up. But in the world of volunteering there is always plenty of room for more helping hands!

Until now, Newham Volunteers largely assisted with stewarding

and marshalling at events like the Mayor's Newham Show, Under the Stars, International Motor Show and the Triathlon. Although this continues, as part of Volunteers Week (1 to 7 June), volunteers were out in Stratford promoting the Good Neighbourhood Scheme, which encourages residents to get involved in their community to make it better. This could be anything from promoting recycling on your street to checking on vulnerable neighbours. You could help accompany someone to a doctor's or hairdresser's appointment or have a skill that you could pass on to existing volunteers.



## Q&A

### Could I be a volunteer?

If you're over the age of 16 you can volunteer. The council's Equal Opportunities Policy applies to volunteers too.

### What's in it for me?

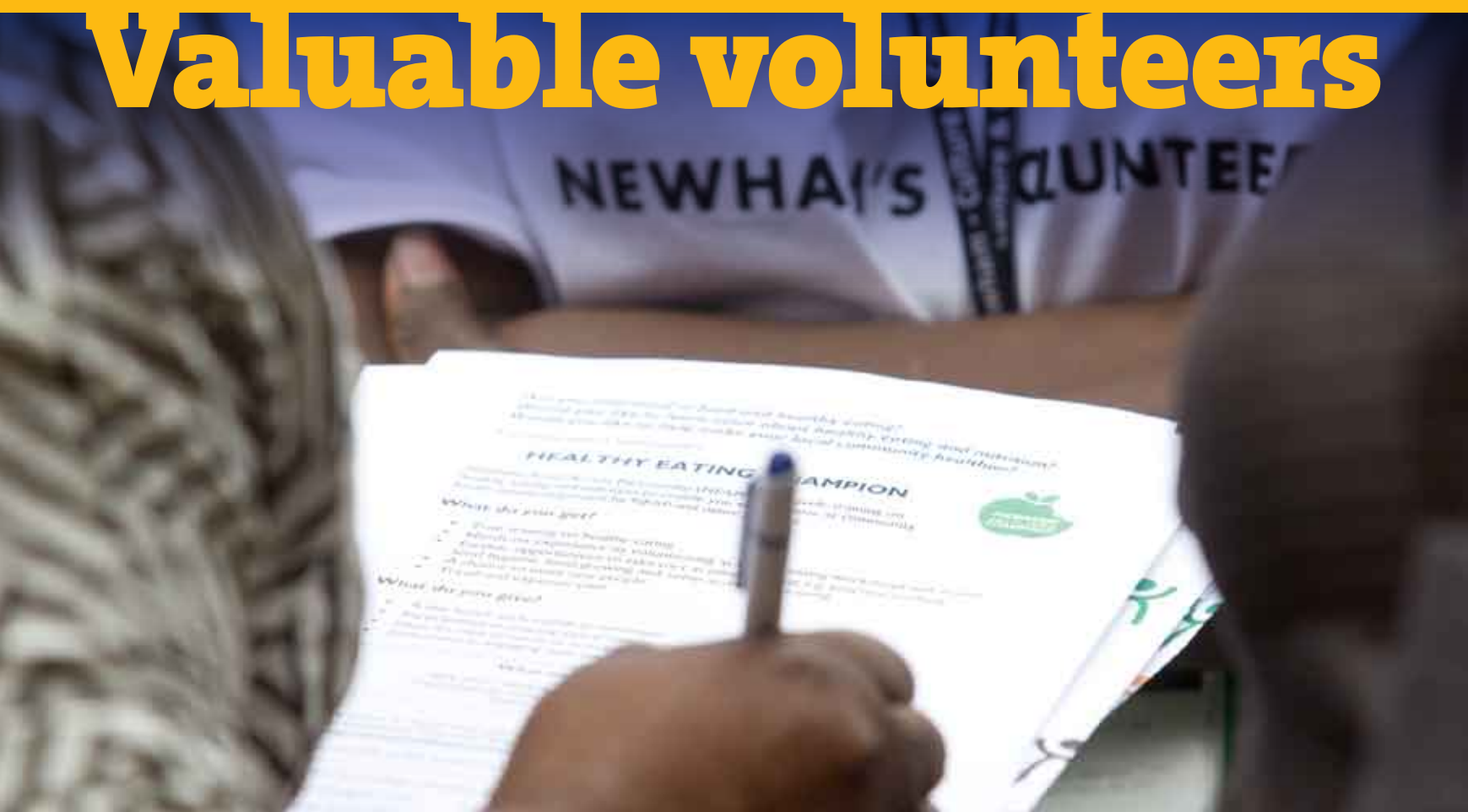
Employers love to see voluntary experience on a CV so you'll boost your prospects, while feeling great about what you're putting back in to your own community.

### How will I know what to do? Do I receive any training?

Every volunteer must attend an induction – these are held fortnightly and on some weekends. There are also opportunities to undertake free First Aid, public safety and diversity short courses.

**If you're interesting in volunteering get in touch. For more information on Newham Volunteers or the Good Neighbourhood Scheme visit [newham.gov.uk](http://newham.gov.uk) or call: 020 8430 3598. To contact the Volunteer Network Centre call: 020 8536 1937**

# Valuable volunteers



# Wedding belle

Glamour, romance and extravagant outfits... sprinkle in some high drama and sodden hankies and you have the average day at the office for Lynne Cummings, superintendent registrar at Newham's register office.





For the past seven years Lynne has conducted and registered marriages as well as births and deaths at the picturesque Victorian red brick office on the edge of Plashet Park, in East Ham. The dignified frontage conceals a trove of information where the most meaningful moments of lives in Newham are recorded.

Although Lynne admits that after a while behind a desk she can lose sight of the job's magic, once she's out meeting people the excitement never wears off. Friendly and approachable, she believes that the key to being a good registrar is taking an interest in your clients: "You've got to be a people person," she explains. "The most important thing is to be able to communicate." It was the human element that drew Lynne to the job in the first place; working in a bank, she saw the job advertised in the paper and was intrigued: "It was the thought of being there for so many people's big day – all that romance!"

**"You've got to be  
a people person...  
the most important  
thing is to be able to  
communicate."**

Romance keeps the team busy enough, but citizenship ceremonies have added to their workload. The borough has the second highest rate of these in the country, thanks to its diverse make-up, and Lynne really looks forward to them. She says: "People have been through so much, struggled and worked so hard to get here that when they get their UK citizenship it's really emotional."

Another tug on the heartstrings – and another stat that tells the Newham story – is the new births: the team register 5,000 per year, as opposed to 1,000 deaths, which is explained by the youthfulness of our population.

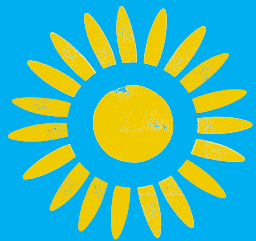
Lynne has also seen the advent of civil partnerships, which give same-sex couples the same legal rights as married couples. Her job has allowed her to witness first hand the difference that this has made to people's lives; she remembers a particularly

poignant service at the Brick Lane Music Hall when two men who were finally able to take their vows after a long relationship: "It was very moving. The two gentlemen were in their seventies and had first met when homosexuality was illegal. By the end of the ceremony there wasn't a dry eye in the house – including mine!"

As for the other elements of the service, the team is innovative and always coming up with new ideas to make things run smoothly; for example, deaths and special care births can now be registered with the part-time registrar based at Newham General Hospital on Mondays. This reduces the pressure on families at difficult times, meaning that they don't have to make the journey to register deaths of loved ones or births of vulnerable babies.

But, for Lynne, weddings still top the bill. There are several venues registered for civil ceremonies in Newham; from the sprawling prestige of West Ham United's ground in Upton Park to the old world elegance of Theatre Royal Stratford, from the polished decks of the Sunborn Yacht or Tereza Joanne on the docks to the theatrical grandeur of Brick Lane Music Hall in North Woolwich – Newham residents have a range of options to tie the knot in style. But Lynne is constantly vigilant: "We're on the lookout for new wedding venues at the moment. They just have to be dignified, non-religious and a permanent structure. If anyone has suggestions – they might run a nice, spacious restaurant for example – then they just need to get in touch with us."

**Thinking of getting hitched in Newham? As well as places of worship, you can choose from the register office itself, otherwise known as Passmore Edwards Building, West Ham United FC, Brick Lane Music Hall, ExCeL, the Crowne Plaza Docklands, Novotel London ExCeL, Ramada Hotel, Old Town Hall Stratford, Sunborn Yacht Hotel, Tereza Joanne yacht and Yi Ban Chinese restaurant. Call 020 8430 3617 for more information or to suggest a new venue.**



# YOUR SUMMER STARTS HERE

We're in the throes of June and as the days get longer and warmer the first of Newham's summer events beckon. The Mayor's Newham Show is less than a month away and preparations for one of the biggest events in the borough are in full swing.

On Saturday 12 and Sunday 13 July Central Park in East Ham will be full to bursting with entertainment for the whole family – sports, music and dance, fashion shows, kids' entertainment and lots, lots more. So come along and enjoy a fantastic free weekend of fun!

## **Bake me beautiful**

Are you a dab hand in the kitchen? Do you fancy yourself as a bit of a Delia Smith? Then we want to see your submissions for Newham's most beautiful bake.

Whether a cake or dessert, hot or cold, traditional or original, it's all in the design.

Bring along your most elaborate creations to be in with a chance of winning the title of Newham's best baker and see your recipe printed in the Newham Mag. Visit [www.newham.com](http://www.newham.com) for details of how to enter.

## **Summer in Newham**

### **– there's so much to do!**

Young people and children in Newham will have a big problem this summer - deciding what to do out of the hundreds of events, activities and courses on offer. At the end of June a boredom banishing bumper brochure of fun, fitness and fantastic courses will be distributed to all school pupils. There's so much happening it can't all fit in one directory! More course details and updates are available on [www.newham.com](http://www.newham.com), including a great new What's On calendar from early July.

## **Cut out and keep dates to remember**

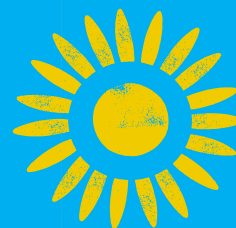
Slap it on your fridge, pin it on your notice board, jot it in your diary but don't forget!



**Mayor's Newham Show – Saturday 12 and  
13 July, Central Park**

**Under the Stars – music nights – Thursday 28 to  
Sunday 31 August, Central Park**

**Films in the Park Friday 5, Saturday 7  
and Sunday 8 September, Stratford Park**



*Look out for... the kids summer brochure available from 26 June, and adult leisure and entertainment guide free in the Newham Mag from June 28*



## Your FREE Entertainment and Leisure Guide

Lots of free activities for the whole family\*

# Summer in Newham

Free kids' courses - learn everything from Japanese, fashion design, building go-karts, becoming a TV presenter and lots more!

- Free family fun at the Mayor's Newham Show
- Free live music at Under the Stars
- Sports
- Fun in libraries
- Plus lots more!

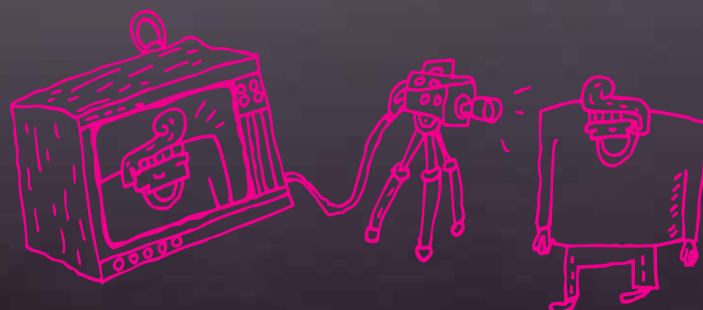
Pick up your issue from your school or at a Local Service Centre, library and leisure centre

[www.newham.com/summer](http://www.newham.com/summer)

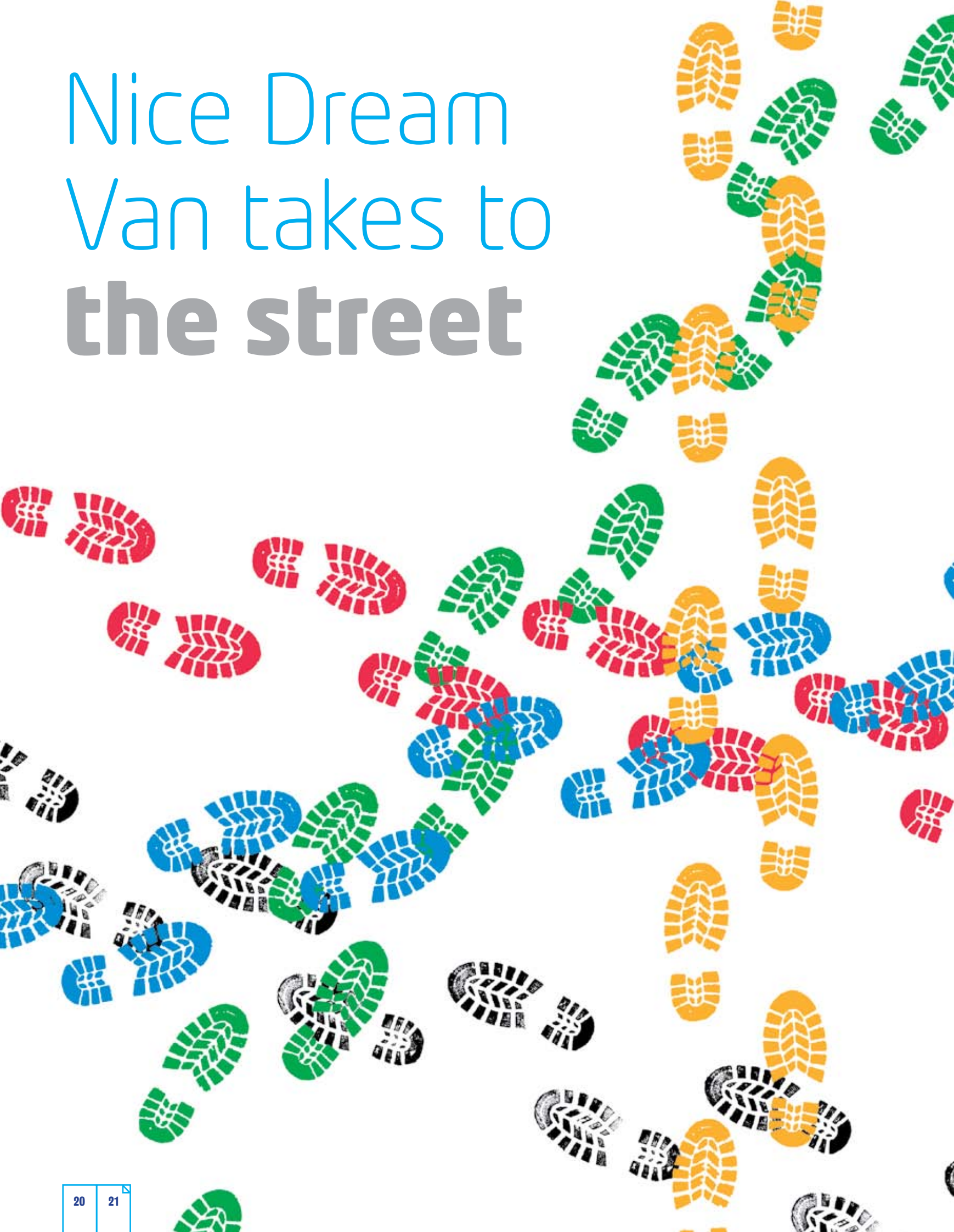
020 8430 2000

\*Newham Council events are free but some activities and other events may incur a charge.


OUT ON THE  
26 JUNE



# Nice Dream Van takes to **the street**








Summer is finally here, bringing with it the smell of cut grass, sounds of children playing out and of course the dulcet tones of ice cream vans. But this June residents might be in for a surprise when they rush out for a 99 flake, because the Nice Dream Van is in town. The van will be driving around residential areas, inviting residents aboard to give their opinions on plans for the High Street 2012 project.


You may have read about High Street 2012 in issue 145. The ambitious project, which will develop the key 2012 Olympic and Paralympic Games route between the city and the Olympic Park, is now launching its large-scale resident consultation.

The project will harness the dizzying speed of change in the area with events that will celebrate community feeling around the Games and art installations to highlight the street.

### **Now it's your chance to have your say on the project.**



The consultation period, a time when residents, stakeholders and community groups give their opinions on how the route will be developed, will run from June to September. We are now in the first phase of this, which is known as Taking Soundings. This is your opportunity to say what you think of the route as it is now and how you would like to see it change.



Fluid, the design consultancy commissioned to run the consultation, will soon be hitting the streets in their Nice Dream Van. On board, residents will be able to fill out canvas cards, which ask all about aspirations and hopes for the area as well as practical ideas about what could be different. Willing participants will have their photos taken and displayed with their canvas cards, making the process completely open, and can post their thoughts, knowledge on the area and regular routes on a Big Ideas Map.

So if you hear the jangle of ice cream van music over the next few weeks, be sure to run outside – it could be the Nice Dream Van!

For more information contact **020 7729 0770**.



## **++ OLYMPIC BULLETIN ++**

### **Newham welcomes the Federation of Indian Athletics**

Earlier this year, the Federation of Indian Athletics approached the council via Tessa Sanderson OBE to play host to 16 athletes striving for Olympic glory this summer in Beijing 2008.

The athletes, a mixture of 800, 1500, 3000, 5000m and race walkers, will be using Newham Leisure Centre as their training base while they travel around the UK and Europe, attempting to achieve the standards needed to qualify for this summer's games.

The group is staying at the University of East London's Beckton campus and will be given guided tours of the Olympic Park Viewing Gallery, allowing them an insight into the facilities where they may be competing in four years.

The visit allows the council and its partners Greenwich Leisure Limited and University of East London a practice run for the hosting of visiting teams in the run up to London 2012.

### **Royalty visits Olympic Park**

HRH Willem-Alexander, the Crown Prince of the Netherlands and member of the International Olympic Committee, paid a visit to Newham and its Olympic sites. The Prince arrived at London City Airport and was quickly whisked off to Stratford, where he was given a tour of the Olympic site and progress report by John Armitt, Chairman of the Olympic Delivery Authority, followed by a stop at Stratford International Station. After lunch with VIPs including Mayor Sir Robin Wales, next on the itinerary was a whistle stop tour of Newham Sports Academy, where he was treated to a display by Newham's fencing superstars, the Newham Swords, followed by a visit to the Olympic Delivery Authority for a discussion on the masterplan.

### **Olympic Village construction begins**

Construction work has started on the Olympic Village, providing 17,000 beds for athletes and officials during the London 2012 Olympic Games and 7,500 in the Paralympic Games, and leaving a legacy of up to 3,500 new homes in the heart of east London.

Twenty-eight buildings on the Olympic Village site have been demolished including the largest building on the Olympic Park site - the former Frigoscandia factory - and the tallest buildings on the site - the two 12 storey former University of East London buildings.

After the Games up to 3,500 new homes will be left, with 30% as affordable housing.



# Second time round for the **Forest Gate ladies**

**The Forest Gate Methodist Women's Network was one of the latest groups to have sampled the borough's regeneration tour. It's the second trip for the group of senior citizens who went on the tour when it first began.**

"My daughter first introduced us to the trip four years ago," explained Earla Watson from the Network. "This time we wanted to see how far the Olympic Park had grown and it has considerably. When we first went it was just an open mound and it was hard to see how things would develop. But going again it's amazing to see how it's coming along nicely."

Many of the ladies of Caribbean descent from Forest Gate's Methodist Church have been living in the borough for more than 15 years and even though a lot has changed many say they wouldn't leave, even if someone paid them to.

"No, I have no plans of moving out of Newham and wouldn't even if I was paid a million pounds," said Anne St Juste. "In the 15 years I've been here there's been a lot of progress for the best. But there's



The group at Forest Gate Methodist Church

still a lot that needs to be done which I know takes a while. But going on the tour, I appreciate it. It makes you proud to live in Newham!"

The regeneration minibus tour allows you to be a tourist for the day and discover Newham. Starting in East Ham at Newham Town Hall, the journey takes

you through Beckton, the Royal Docks, Silvertown, Canning Town, Stratford and Forest Gate, before returning to East Ham. The tour is free to Newham residents and departs every Wednesday at 9:30am. To find out more call 020 8430 3458 or email: [regeneration.tour@newham.gov.uk](mailto:regeneration.tour@newham.gov.uk)





# Newham

## Local Housing Allowance (LHA) rates June 2008

Number of bedrooms	Weekly amount
shared room rate (one bedroom in shared accommodation)	£ 85.00
1 bedroom	£ 161.00
2 bedrooms	£ 200.00
3 bedrooms	£ 250.00
4 bedrooms	£ 300.00
5 bedrooms	£ 350.00

The table shows the rates we will use to calculate the maximum amount of housing benefit for tenants affected by LHA. The actual amount of benefit that a tenant will get depends on income, savings and who lives with them.

### How to work out LHA entitlement

The LHA rate a tenant is entitled to depends on the number of bedrooms allowed for them and their household.

One bedroom is allowed for each of the following:

- > a couple

- > a single adult/young person (over 16)
- > two children of the same sex under the age of 16
- > two children regardless of sex under the age of 10
- > any other child

For example, an adult couple with a child would be entitled to one bedroom for the couple and one bedroom for the child.

This means that the 2 bedroom LHA rate would be used to work out their benefit.

Call Newham Council Tax and Benefits Service on 020 8430 2000 for further information

EXCeL  
LONDON

## BIMS - British International Motor Show 2008 will be held at ExCeL London

Notice is hereby given under the Management Regime of Public Areas, within the ExCeL London site, that the Public Protected Routes of Royal Victoria Dock and the Royal Victoria Dock pedestrian footbridge will be closed on the dates and times detailed. The closure periods reflect ExCeL's London and RODMA's (Royal Docks Management Authority) collective desire to minimise any inconvenience to the local community and residents.

Route	Closed Period
Custom House DLR Station to RVD Bridge	19 July to 7 August 2008 Time: 23:59 - 23:59
Royal Victoria Dock Footbridge	19 July to 7 August 2008 Time: 23:59 - 23:59
Prince Regent Station to Dock Edge	12 July to 7 August 2008 Time: 23:59 - 23:59
Dock Edge Public Realm from Corniche to Connaught Cut	12 July to 7 August 2008 Time: 23:59 - 23:59
Royal Victoria DLR station to Dock edge	12 July to 7 August 2008 Time: 23:59 - 23:59

if you have any query relating to the above Public Protected Route closures please email - [info@excel-london.co.uk](mailto:info@excel-london.co.uk)

[www.excel-london.co.uk](http://www.excel-london.co.uk)

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# DIGNITY AND RESPECT

**Dignity and respect; two small words that have a massive importance for Newham police borough commander Detective Chief Superintendent Nick Bracken.**

The Metropolitan Police has launched Operation Blunt 2 to tackle unacceptable levels of serious youth violence, particularly the carrying and use of knives in public.

It involves the increased use of stop and search powers as well as a range of other tactics such as metal detection arches. The operation is fully supported by the council and Mayor Sir Robin Wales, who acknowledges it is a problem that needs to be tackled in partnership.

Mr Bracken said: "We recognise that this operation may make some people uncomfortable, but, provided we carry out these searches with dignity and respect, we can show that we can keep our communities and young people safe

by taking knives and other weapons off the street.

"We employ a number of tactics to identify those who carry knives but I strongly feel that stopping and searching more people is where we will make the biggest impact on what is currently our greatest challenge. We need the support of our partners and the community if we are to succeed. I assure you that I will be monitoring this exercise to ensure it's undertaken in a fair and proportionate manner. In turn, I seek your support in my drive to remove knives and weapons from our streets and protect our young people from violence."

The metal detection arches are being used at train stations and some schools. The borough's 20 Safer Neighbourhoods Teams continue to work with their local communities to help identify key problems and the risks facing young people.

Added Mr Bracken: "We don't want to stigmatise our young people. Most of them are law abiding and want to live peacefully; we want to work with them to find a solution to keep them safe."

Sir Robin Wales said: "The vast majority of young people don't carry knives, but there is a tiny minority who think it keeps them safe, when in fact the weapon could be used against them. This is not about treating our young people as potential criminals but about prevention and safety."

**If you support the police's action against knife crime in Newham, text your name and the word ENOUGH to 07624 809 655 or visit [www.newhamsaysenoughisenough.com](http://www.newhamsaysenoughisenough.com) to pledge support.**

**If you have any information about any crime you can call Crimestoppers anonymously on 0800 555 111.**



# Word on the street

with Young Mayor Zuhayb Ahmed



Last October young people took to the polls to vote for the borough's first Young Mayor. The elected candidate was 16-year-old Zuhayb Ahmed from East Ham. We catch up with Newham's Young Mayor, now 17, as he looks back over the past nine months.

it's good to be part of a group that can deliver our aims through links and networks across the borough. We've had three meetings since, with one at Tate & Lyle where we discussed what community opportunities they offer young people. We've met outside the Youth Council too – speaking to the Newham 2012 team about how they're engaging with young people, and community and customer services to discuss improvements for young people. I also helped launch the council's Enough Is Enough campaign to stop violence amongst young people – an issue that's top of the Youth Council's priorities.

"There have been many opportunities to meet people and groups and ensure the voice of young people is heard within the council – considering we're the people that make up the borough's famously young population it's only right! We've met young people who produced a DVD on self harm for Newham Asian Women's Project, discussed climate change with primary schools and met Dame Kelly Holmes, who helped me launch Canning Town's Fords Park sports container.

The council has started a debate about delivering skills and learning to young people. The Youth Council and Children's Parliament have been really involved in the consultation called

Excellence for All. Recently we launched a Young Mayor Network, bringing together Young Mayors from across London. We proudly took them to the Olympic Park viewing gallery at Holden Point, then onto the Old Town Hall in Stratford where we discussed how we can share experiences and lobby the Government for more young mayors across the UK.

"It's a challenge juggling college and exams alongside my role, but one I relish. I'm looking forward to a busy summer and the Mayor's Newham Show in a few weeks time – if you see me, say hello!"

**Could you be Newham's next young mayor? Nominations open on 1 September; keep reading the Mag for more information.**

Launching Enough is Enough with Hamid Sheik



"I really hit the ground running! Straight after the count, BBC London News interviewed me and two days later I appeared live on the Politics Show. It was nerve racking but I think I did ok – if you're enthusiastic about something it's easy to be passionate!

"In my early days I got to grips with how the council works, meeting senior officers to talk about their ideas and plans for enhancing services and facilities for young people. In November we had the first meeting of the Youth Council – representatives from secondary schools, colleges and the other young mayoral candidates;



Zuhayb with London Young Mayors

Launch of the sports container



Zuhayb and the Youth Council



# BEWARE OF BOGUS COLLECTIONS

**The phrase “charity begins at home” is being taken literally by some residents who are unwittingly helping to line the pockets of conmen preying on the generosity of households.**

Bogus leaflets and bags are being delivered to households in Newham asking for clothing donations. The ‘charity’ claims these clothes will help people in the UK or abroad. In reality there is no ‘charity’; unscrupulous companies are profiting from these collections and the clothes do not help anyone but the swindlers who rely on the goodwill of the donors.

Newham Trading Standards is urging people make sure that their clothing donations are going to a good cause. The vast majority of leaflets distributed to households come from genuine registered charities but there can be tell-tale signs that can warn you that all is not as it seems:

- > **Does the sack or leaflet say the collection is for a registered charity?** You can check its legitimacy by calling 0845 3000 218 or visiting the online register of charities at [www.charitycommission.gov.uk](http://www.charitycommission.gov.uk) to confirm that it’s a genuine charity
- > **Is there a registered company number?** Even if there is, there is no guarantee that the organisation is registered – this could have expired or not exist at all. You can verify this information by visiting [www.companieshouse.gov.uk](http://www.companieshouse.gov.uk)
- > **Is the charity actually named?** Be wary of ambiguous wording like ‘families in need’ or ‘sick kids at Christmas’
- > **Does the leaflet or bag give an address or phone number?** If this information isn’t included it may suggest that the collectors don’t want to answer questions.

Trading Standards are also warning fraudsters that they will use new powers brought in under the Fraud Act to crack down on bogus charity collections and prosecute those responsible. Executive member for public protection Councillor Andrew Baikie said: “Giving to charity, especially with the recent earthquake in China and the flooding in Burma, is a great way for people to help those who need it most. Unfortunately there is a minority out there who abuse the public’s charitable spirit for their own profit. As well as being deceitful these people are taking vital funds from genuine charities. Before you dig deep make sure you check out their credentials to ensure your donation goes to those need it most.”

**If you have any complaints contact Consumer Direct on 0845 404 0506. Visit [www.consumerdirect.gov.uk](http://www.consumerdirect.gov.uk) for more information on a range of consumer issues.**



## Spire Roding Hospital Open Day Friday 27th June 2008 10am – 3pm

Are you interested in working in private healthcare? We currently have opportunities for ambitious clinical staff in Theatres.

Excellent salary and benefits packages available.  
Training and development opportunities. Free Parking.

All attendees will be interviewed on the day

**If you're interested in finding out more about these opportunities or to book a place please contact Andrea Mercer on 020 8709 7894 or email [andrea.mercer@spirehealthcare.com](mailto:andrea.mercer@spirehealthcare.com)**

**Spire Roding Hospital** Roding Lane South, Redbridge, Essex, IG4 5PZ [www.spirehealthcare.com/roding](http://www.spirehealthcare.com/roding)

### Calling Ambitious People in Newham, Redbridge, Barking & Dagenham

- Would you like to gain an international leadership qualification?
- Do you live or work in Newham or neighbouring boroughs?
- Do you work/volunteer in an organisation that assists African people?

Here is your chance to gain the International Leadership Management (ILM) in Team Leading.

We have limited fully funded places so hurry book your place on the course now!

To book a place, please contact: Naseem Rattani

tel: 020 7474 3176 fax: 020 7474 3356  
e-mail: [naseem.rattani@bemccf.org.uk](mailto:naseem.rattani@bemccf.org.uk)

*Remember: Only a few places are fully funded*

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## BOLLY ON THE BOAT

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# NEWHAM

## >> IN FOCUS



Pearly King John leads the sing-song

## FAMILIES GATHER FOR COCKNEY KNEES UP

Residents, relatives and staff enjoyed a day of family fun at Westgate House Care Home, **FOREST GATE**. The event began with a coffee morning, followed by lunch for residents and their families. A traditional cockney knees up took place in the afternoon with Pearly King and Queen John and Terri providing the entertainment. The event was held in the care home's specially designed dementia care memory lane unit. Everyone joined in singing old time classics with residents showing staff how it's done. Needless to say, the youngsters gave up dancing long before the residents stopped!

## Celebrate CREATE08



The 2012 Olympic and Paralympic Games don't just herald huge investment in sport; East End art and culture are also getting a big boost. And the host boroughs, being home to more than 10,000 artists, making up Europe's largest cultural quarter, are the ideal venue for it. This summer, CREATE08 will bring art, culture, festivals and performance to the host boroughs – most of it free.

The festival culminates with the launch of the Cultural Olympiad at the end of September, an event that all five host boroughs aim to introduce on an annual basis, and the £40,000 participatory CREATE Art Award, which artists living in the boroughs can enter.

Applications must be submitted by 1 August 2008. Find out more about CREATE08 and the award, and request an application form by e-mailing: [artaward@host-boroughs.org.uk](mailto:artaward@host-boroughs.org.uk) or visiting: [www.visiteastlondon.co.uk](http://www.visiteastlondon.co.uk)

## Free fire safety activities

Learn about fire safety, tour a fire engine and watch a demonstration by firefighters at two Newham venues.

Everyone, in particular those from Eastern European communities, is welcome to check out their fire station at a free safety day, which is also an opportunity to let the fire service know about important issues.

The first event will be held at Plaistow Fire Station, 145 Prince Regent Lane, on Tuesday 17 June between 2pm and 4pm. Silvertown Fire Station, 303 North Woolwich Road, will open its doors on Wednesday 25 June from 11am to 1pm.

Residents can also sign-up for a free home visit where a firefighter will visit your property, talk about fire risks and fit a smoke alarm if necessary.

**Further events will take place at East Ham and Stratford Fire Stations as part of the London Fire Brigade's Safe Living in Newham project. For more information freephone 0800 519 4015.**



## June is an Orange Month

Orange recycling bags will be delivered to homes throughout Newham in June. Each roll should be enough to carry you through to your next delivery but if you run out you can collect more at any Newham library



or Local Service Centre. Remember to securely tie your orange bag before you put it out for recycling or else the contents get mixed with household rubbish and your efforts will be wasted. For ways to recycle visit [www.newham.gov.uk](http://www.newham.gov.uk) or call 0208 430 2000.

## Have your say on A&E



Newham University Hospital NHS Trust is carrying out a survey to find out what patients think about the care they receive in Accident and Emergency (A&E).

If you used Accident and Emergency at Newham General Hospital in March 2008 you could be one of 850 randomly selected patients to receive a questionnaire over the next few weeks. The results will be used to help the hospital highlight areas where they perform well and to identify the areas where there is room for improvement.



Arinola Odukoya and Immanuella Annan show off their certificates

## Places of worship paint a picture

Newham's churches, mosques, gurdwaras, viharas and temples welcomed more than 1,000 pupils during Visit a Place of Worship Week in March. The children were so inspired by the visits that they produced a lively display of art work that was exhibited at the Credon Centre, **PLAISTOW**. The Standing Advisory Council on Religious Education (SACRE), the forum which advises and assists schools on worship and Religious Education, along with the council's religious education advisor, organised the exhibition of sculptures and designs, stories, pictures and photographs.

### Correction

In issue 146 we ran a Working Lives piece on the Canning Town and Custom House regeneration. On page 16, this should have read: "So while we're building 10,000 new homes, to add to the 70 and 80 per cent social housing...". Newham Mag apologises for any confusion.

## Spend a penny for Richard House



Shoppers and commuters getting caught out in **STRATFORD** and making use of the 'spend a penny' public conveniences can feel the glow that doesn't just come from

relief: profits from the loos go to Beckton's Richard House Children's Hospice. Last year, these paid the salary of a Play and Care worker, without whom the hospice wouldn't be able to function. Richard House needs to make £1.8 million each year in voluntary donations to continue its care for children and young people.

Travellers through Stratford Station were consulted on how they would like to see the profits spent and many recommended the local hospice. Viv Talbot, Community Fundraising Manager at Richard House, said: "The money goes into the general fund to keep the hospice going. Thank you and please keep using Stratford Station loos."



# Reed in Partnership helps women from ethnic minorities into employment

## NEWHAM ARTISTS ON DISPLAY

Local artists John Lee Bird, Gudrun Sigrídur Haraldsdóttir, Mariwan Jalal and Biggi Stiller are exhibiting a selection of their work at the Old Town Hall, **STRATFORD** until 27 June. The exhibition is on all the time while the town hall is open but it is advisable to phone in advance to check that the room is free. Call the Old Town Hall on 020 8534 7835.

Partners' Outreach for Ethnic Minorities (POEM) programme, a scheme run by Reed in Partnership to get ethnic minority women into work, has received funding for another year after helping more than 300 people into work across east London.

The POEM programme, which is supported by the Muslim Council for Britain, visits mosques and community centres, offering advice. Men are welcome to join and all members have access to Jobcentre Plus services, accredited training, one-to-one coaching and advice on childcare options.

Parvin Jalal, 40, is one of the scheme's beneficiaries. She says: "I didn't have a clue where to start before I went to Reed in Partnership; I knew nothing about employment or getting a job. But they were so supportive, they really helped me gain confidence and direction in finding what I wanted to do."

**For more information on the project call 020 8548 2080.**

## London City Airport opens University Prize Scheme



Students heading for university this September are invited to enter the second annual London City Airport University Prize Scheme. One student will win £2,000 for each year of their university degree, two weeks paid work experience each summer, an airport management mentor and an opportunity to participate in the airport's

in-house training courses.

The scheme is open to all students who have lived in Newham for at least three years and have applied to study in the fields of transport, business, geography or foreign languages at university.

Richard Gooding OBE, chief executive of London City Airport, commented: "This scheme offers two successful applicants the opportunity to excel in their chosen fields and continue in their career progression."

**For more information contact Rohima Begum at [Rohima.Begum@londoncityairport.com](mailto:Rohima.Begum@londoncityairport.com). The deadline for applications is Friday 27 June.**



Cllr Baikie pictured with landlords. At far left is trainer Jon Dalton

## Newham Private Sector landlords trained

Nineteen Newham landlords have successfully gained a London Landlord Accreditation after completing a course at the Credon Centre, **PLAISTOW**. The course was organised by Newham's private sector housing team in partnership with the London Landlord Accreditation Scheme (LLAS). LLAS recognises good landlords and agents who have the skills to run a successful rental business and provide good quality and safe accommodation to their tenants; the accreditation lasts for five years. More than 230 landlords who own or manage properties in Newham have already received this training. Executive advisor for housing Councillor Andrew Baikie met landlords during their training and commented: "This course has given Newham landlords the skills to provide accommodation that is safe and decent. The course, although voluntary, has received a good response. I encourage other Newham landlords to sign up to our next round." For more information contact the private sector housing team on: 020 8430 5348. The next round of courses take place in July to book your place visit [www.londonlandlords.org.uk](http://www.londonlandlords.org.uk)



## Newham Swords strike gold – again

Newham Swords burst the bubble of their opposition yet again with an impressive new batch of medals. Ife Kubler-Agyemon and Jasmine MacFarlane took silver and fifth place respectively in the U14 Girls, Alan Lozovik took eighth place in the U11 Boys and Alex Savin took gold in the U14 Boys at the Bristol National Premier Junior Series Event. This was Alex's fifth consecutive win in the Premier Series, which scored him the season's trophy. Amol Rattan compounded the team's success when he took gold in the U15 Boys event at the Dieppe International and Ife Kubler-Agyemon took silver in the U13 Girls.

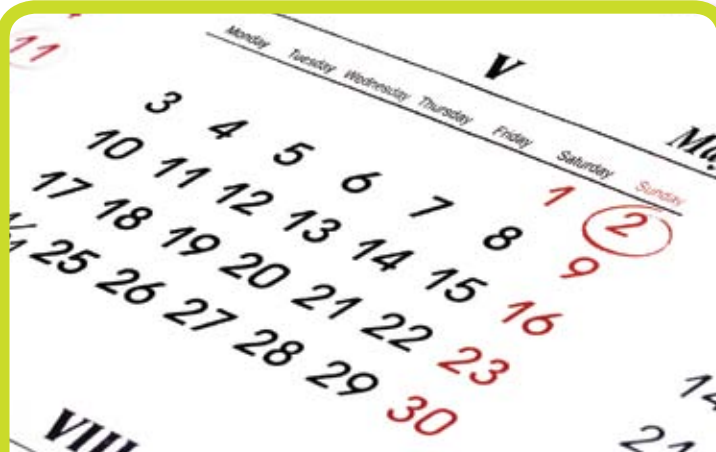
The fencers are preparing for the London Youth Games where they will be representing Newham, who are the reigning champions at U15 and U17 level.

## East Thames Group gets fruity



The Newham Food Access Partnership (NFAP), whose members include the council, East Thames Group, Newham Primary Care Trust and east London charity, Aston Mansfield, celebrated the World Cancer Research Fund's (WCRF) Fruity Friday with a fruit-tastic feast and some healthy eating themed games. The partnership was set up in 2001 to improve access to healthy food in Newham, promote healthy eating messages and offer local people the chance to study accredited healthy eating programmes.

Sarah Williams, the NFAP strategic manager at East Thames, said: "The messages promoted by this initiative are very similar to those of the NFAP – eating healthily and getting regular exercise will mean a healthy heart and body. In turn this could reduce your chances of being diagnosed with cancer and other life-threatening diseases."



## End waiting, change lives makes a difference

From December you should not have to wait more than 18 weeks from referral by your GP to hospital treatment. Changes include easier access to services so that patients do not always have to travel to the hospital for treatment, and pre-operative assessment appointments. These changes will mean that less time should be spent waiting for a diagnosis and, due to earlier diagnosis, patients should get relief from their symptoms sooner. This doesn't mean patients will necessarily have to wait that long; currently nobody coming to Newham waits more than 13 weeks for their first outpatient appointment. Patients also have much shorter waiting times for diagnostic tests such as scans and x-rays and can now expect to be seen within seven weeks, compared with a 15 week wait only two years ago.

**For further information visit:**  
**[www.18weeks.nhs.uk/endwaiting](http://www.18weeks.nhs.uk/endwaiting)**

## NEWHAM COMMUNITY AND POLICE FORUM MEETING



The next public meeting of the Community and Police Forum will be held on Thursday 19 June at 7pm in the Library at Kingsford School, Kingsford Way, **BECKTON**.

The meeting will focus on the policing issues in the South Area (Beckton, Royal Docks, Custom House, Canning Town South and Canning Town North wards), as well as the Crime and Disorder Reduction Partnership (CDRP) priority on Community Reassurance and Fear of Crime.





PLEASE SEND YOUR DRAWINGS,  
JOKES AND POEMS TO:  
**KIDS' CORNER, ROOM 53,  
NEWHAM TOWN HALL,  
EAST HAM E6 2RP**

# Gallery



Aamir Akram, ten



Matyaz Zafar, seven



Rifat Basir, five



Mimaza Emimi, seven



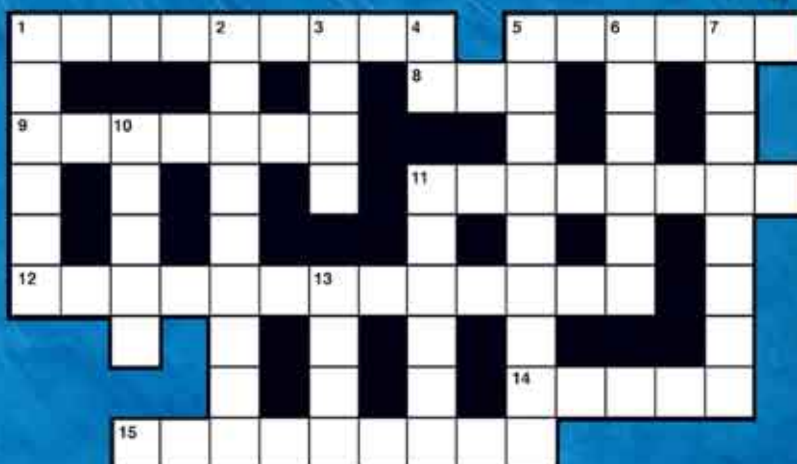
# Crossword

## Across

1. It is used to ride a breaking wave (9)
5. Trip in Africa to see lions, leopards and giraffes (6)
8. Old age pensioner (3)
9. Re-arrange JAR COMA to find a holiday island! (7)
11. Pool activity that keeps people cool in summer (8)
12. Frightening theme park ride (13)
14. Day is followed by (5)
15. Growing flowers and cutting the grass (9)

## Down

1. Season between Spring and Autumn (6)
2. Device that shows when the weather is likely to change (9)
3. In the Bible the first man (4)
4. Take action (2)
5. Running quickly at the Olympic Games (9)
6. Person who grows crops (6)
7. Item of clothing not required in a dry summer (8)
10. Wobbly dessert which is nice with ice-cream (5)
11. Large fried prawns (6)
13. Restaurant for light meals (4)



## Jokes

What do you call a snail on a ship? **A snailor.**

What do you get if you cross a fish with an elephant?  
**Swimming trunks.**

What's grey and flies straight up? **An ele-copter.**

Why did the chicken stay at work? **Because she had to wait for her boss to come back from his Shiat-su.**

by Junayna Iman Nisa, nine

## Answers

Across 1. Surfboard  
5. Safari 8. OAP  
9. Majorca  
11. Swimming  
12. Rollercoaster  
14. Night 15. Gardening  
Down 1. Summer  
2. Barometer 3. Adam  
4. Do 5. Sprinting  
6. Farmer 7. Raincoat  
10. Jelly 11. Scampi  
13. Cafe



# FOOTBALL THRILLS

Newham's talented footballers had a taste of stardom when they took to the pitch at West Ham United Football Club in Upton Park in the final of the inter-community forum challenge.

The event was the culmination of heats in each forum where more than 3,000 young people and adults took part.

At the grand finale 432 competitors showed off their five-a-side fancy footwork before the encouraging cheers of more than 2,000 spectators.

Mayor Sir Robin Wales said: "The response to this competition has been phenomenal and I was impressed with the enthusiasm and skill level of players. For local people to play at West Ham United is something special and we're very grateful for their support."

Laura Bryant, 29, played in Green Street's victorious women's team and said: "It was amazing to play at West Ham because I'm a huge fan. To go in the changing room and run out of the tunnel was such a privilege. The whole tournament was a real buzz."

The football competition was the sixth in a series of community forum sports challenges.



(From top right) Football fun; The victorious women's team; Action on the pitch; Newham Raiders took out the 12 to 16 girls competition.

## SCOREBOARD

Category	Winners	Runners-up
<b>Eight to 11 mixed girls and boys</b>	Green Street Real Ma Kidz	Plaistow Pro star Elite
<b>12 to 14 boys</b>	Stratford and West Ham TMT	Royal Docks ExCeL Elite
<b>12 to 16 girls</b>	East Ham Newham Raiders	Stratford and West Ham
<b>15 to 17 boys</b>	Custom House and Canning Town Canning Town All Stars	Beckton Nike Allstars
<b>Adult men's</b>	Custom House and Canning Town Genesis	Stratford and West Ham Allstars
<b>Adult women's</b>	Green Street Newham Ladies	Plaistow Curwen School



# WHAT'S ON?

14 – 28 JUNE

## ALL LIBRARY LISTINGS

### UNDER 5s GROUPS

All open to under fives with their parents/carers.

#### Storytelling

**Beckton Globe** Every Friday 10-11am

**Canning Town** Every Monday 10.30-11.30am

**Custom House** Every Tuesday 10.15-11.15am

**East Ham** Every Wednesday 2-3pm

**The Gate** Every Friday 11am-12noon

**Green Street** Every Thursday 10.30-11.30am

**Manor Park** Every Thursday 10.30-11.30am

**North Woolwich** Every Thursday 2-3pm

**Plaistow** Every Tuesday 11am-12noon

**Stratford** Every Tuesday 11am-12noon and every Friday 2-3pm

#### Little Readers

**Stratford** Every Wednesday 1.30-2.30pm

#### Crafts Club

**Manor Park** Every Tuesday 10.30-11.30am

**Crafts & Computer Club** **Stratford** Every Monday 10.30-11.30am

**Toy Library**

**Beckton Globe** Every Monday 10am-12noon and every Thursday 1-3pm

**East Ham** Every Tuesday 10am-12noon and every Thursday 10am-12noon

#### Messy Play

**Beckton** Tuesdays during school term 1.30-2.30pm

#### Imaginative Play

**East Ham** Every Friday 10.30-11.30am

### ADULT READING

#### Adult Reading Group

**East Ham** Monday 16 June 6.15-7.45pm

#### Gujarati Reading Group

**The Gate** Thursday 26 June 2-4pm

### OTHER GROUPS

#### Over 50s Club

**Beckton Globe** Every Tuesday 9.45-11.45am

#### Click-On

**East Ham** Friday 27 June 10am-12noon

**Plaistow** Friday 20 June 10am-12noon

#### ICT Surgeries

**East Ham** Friday 20 June 2-5pm

**The Gate** Friday 20 June 2-5pm

**North Woolwich** Friday 27 June 2-4pm

**Stratford** Friday 20 June 2-5pm

#### Writers Group

**The Gate** Tuesday 24 June 5.30-7.45pm

### YOUNG PEOPLE

**Homework Club** – For young people aged seven to 14. School term only.

#### Beckton

Every Tuesday 4-6pm

#### Canning Town

Every Saturday 10am-12noon

#### Custom House

Every Saturday 10am-12noon

**East Ham** Every Monday 4-6pm

**The Gate** Every Thursday 4-6pm

#### Green Street

Every Tuesday 4-6pm

#### Manor Park

Every Saturday 10am-12noon

**North Woolwich** Every

Thursday 3.30-5.30pm

**Plaistow** Every

Thursday 4-6pm

**Stratford** Every Monday 4-6pm

#### Children's Games Club –

For children aged five to 12.

**Canning Town** Thursdays 19 and 26 June 4-6pm

**Games Club** – PS2 and Xbox games, music, board games and more activities for ages eight to 13.

**Custom House** Every Tuesday 3.30-5.30pm

**East Ham** Every Tuesday 3.30-5.30pm

**Manor Park** Every Thursday 4-6pm

**Teenage Games Club** – PS2 and Xbox games, music, board games and more activities for ages 12 to 16.

**Beckton Globe** Every Monday and Wednesday 3-5pm

**Family Reading Group** – A chance for children aged five to 11 and their families to read together and have fun.

**The Gate** Saturday 28 June 2.30-4pm

**Teen Xtra Evenings** – Free activities for young people aged 12 to 21.

**The Gate** Every Friday 6-8pm

### LIBRARY ADDRESSES

**Beckton Globe** 1 Kingsford Way, E6 5JQ. 020 8430 4063

**Canning Town** Barking Road, E16 4HQ. 020 7476 2696

**Custom House** Prince Regent Lane, E16 3JJ. 020 7476 1565

**East Ham** High Street South, E6 6EL. 020 8430 3647

**The Gate** 4-20 Woodgrange Road, Forest Gate E7 0QH. 020 8430 3838

**Green Street** 337-341 Green Street, E13 9AR. 020 8472 4101

**Manor Park** Romford Road, E12 5JY. 020 8430 2207

**North Woolwich** 5 Pier Parade, E16 2LJ. 020 8430 5900

**Plaistow** North Street, E13 9HL. 020 8472 0420

**Stratford** 3 The Grove, E15 1EL. 020 8430 6890  
Archives and Local Studies: 020 8430 6881



## ESTATE BASED SPORTS

**Sessions are open to 12-18 year-olds, free unless otherwise stated and for all abilities. For more information call 020 8430 2484 or visit [www.newham.com/2012Games](http://www.newham.com/2012Games)**

### Athletics

*Every Friday* 4.30-6pm, eight-19 years, Drapers Field

### Basketball

For ages eight-19 unless otherwise stated.

### Leyton Orient Community Sports Programme (LOCSP)

*Every Monday* 4.30-6.30pm Winsor Park

*Every Monday* 7-9pm Froud Community Centre

*Every Tuesday* 5-7pm Royal Victoria Gardens

*Every Tuesday* 7.30-9pm Plaistow Park

*Every Wednesday* 5-7pm Memorial Park

*Every Wednesday* 5-6.30pm

New Beckton Park

*Every Thursday* 4.30-6.30pm Priory Park

*Every Thursday* 5.30-7.30pm Barking Road Rec

*Every Friday* 5-6.45pm

Forest Gate Youth Centre

*Every Friday* 5-7pm

Lister Gardens Park

### Newham All Stars Sports Academy (NASSA)

Term time only. For more information please contact Natasha Hart on 020 8519 3961.

*Every Tuesday*

4.30-6pm, girls 11-16 years

Sarah Bonnell School

*Every Thursday*

6-8pm, 12-16 years

Cumberland Sports College

*Every Friday*

4.15-5.30pm, eight-11 years

5.30-7.30pm, 12-16 years

Cumberland Sports College

*Every Saturday*

11am-1pm, eight-11 years

Sarah Bonnell School

### Youngbloods Basketball Club

For more information please contact Caroline Charles 07958 307657 or Steven on 07940 111175.

*Every Tuesday* 6-8pm, under-15s and under-14s

East Ham Leisure Centre

*Every Tuesday* 8-10pm, under-18 and under-16 boys

East Ham Leisure Centre

*Every Tuesday* 5.30-7.30pm, under-16s and under-15s

Newham Leisure Centre

*Every Thursday* 6-8pm, under-15 boys national league

Newham Leisure Centre

*Every Saturday* 1-3pm, under-13s and minis

East Ham Leisure Centre

### Cricket

*Every Thursday*

5-7pm, eight-to-16 years

Newham Cricket Club

Langdon School

£1 per session

*Every Tuesday*

5.30-7pm, eight-to-19 years

Score Indoor Complex

*Every Thursday*

4.30-6pm, eight-to-19 years

Drapers Field

### Football

*Every Monday* 6-8pm

Plaistow Park

*Every Tuesday* 5.30-7.30pm

Little Ilford Ball Cage

*Every Tuesday* 5-7pm

Stratford Park

*Every Tuesday* 5-7pm

Phoenix Cage

*Every Wednesday*

4.30-6.30pm

Royal Victoria Gardens

*Every Wednesday*

5-7pm, eight to 19 years

Stratford Park

*Every Wednesday*

7.30-9.30pm, 16+ years

(£2 charge)

Score Complex

*Every Thursday* 5-7pm

Scud Park Ball Cage

*Every Thursday* 6-8pm

Forest Gate Youth Centre

*Every Friday*

4-5.30pm (term time only)

St John's Community Centre

*Every Friday* 6-8pm

Priory Park Ball Cage

*Every Saturday*

2-4pm, six to 14 years (£3 charge) Score Complex

### Ascension Football Academy

For more information please contact Louise on 07841 749292.

*Every Saturday*

School years R-3:

9.30-10.30am

School years 4-7:

10.45-11.45am

School years 8-11:

12noon-1.30pm

£2.50 per child per session

King George V Park

### Estates Football and Basketball League

*Every Monday*

6-8pm, under-14s and under-17s

Score Complex Hard Court

*Every Tuesday* 5.30-7pm,

under-12s and under-14s

Drapers Field

*Every Friday* 6-8pm, under-

14s and under-17s

Leyton Manor Park

### Football and Basketball

*Every Monday* 4.30-6.30pm

Winsor Park

*Every Wednesday* 5-7pm

New Beckton Park Ball Cage

*Every Wednesday*

4.30-6.30pm

Ford Park

*Every Wednesday* 6-8pm

Plasnet Park

*Every Thursday* 4.30-6.30pm

Priory Park Ball Cage







*Every Thursday 5.30-7.30pm*  
Barking Road Rec  
*Every Friday 5-7pm*  
Lister Gardens Park  
*Every Friday 5-7pm*  
Canning Town MUGA

### **Multi-Sports**

*Every Monday*  
5-7pm, eight to 19 years  
Langthorne Park  
*Every Monday*  
5-7pm, eight to 19 years  
Alma Street MUGA  
*Every Tuesday 4-5pm*  
Carpenters and Docklands  
Centre (term time only)  
*Every Tuesday*  
5-7pm, eight to 19 years  
Stratford Park  
*Every Wednesday 4-5pm*  
Carpenters and Docklands  
Centre (term time only)  
*Every Wednesday*

5-7pm, eight to 19 years  
The CAGE (Chatsworth Active  
Games Enclosure)  
*Every Wednesday 5-7pm*  
Stratford Park  
*Every Wednesday*  
4-6pm, 10 to 19 years  
Cann Hall Park  
*Every Wednesday*  
5-7pm, eight to 19 years  
Major Road Ball Park  
*Every Thursday*  
5-7pm, eight to 19 years  
The CAGE

### **Stratford Table Tennis Club**

*Every Wednesday*  
6.30-9.30pm  
Stratford Secondary School

### **Eastlea Handball Club**

*Every Thursday 4-5pm*  
11 to 18 years

Eastlea School  
*Every Thursday 5-6pm*  
four to 11 years  
Eastlea School

### **Stratford Handball Club**

*Every Monday 3.15-4.15pm*  
11 to 18 years  
Stratford Secondary School  
*Mondays 4.30-5.30pm*  
four to 11 years  
Stratford Secondary School

### **Venue Addresses**

Alma Street MUGA  
Stratford E15  
Barking Road Rec  
Burgess Road, East Ham E6  
The CAGE (Chatsworth Active  
Games Enclosure) Cruickshank  
Road, Stratford E15  
Cann Hall Park  
Off Cann Hall Road, E11  
Canning Town MUGA  
Corner of Freemasons Road  
and Sophia Road, E16  
Carpenters and  
Docklands Centre  
98 Gibbins Road, Stratford  
E15 2HU  
Cumberland School  
Sports College  
Oban Close, Plaistow E13 8SJ  
Drapers Field  
Temple Mills Lane, off Leyton  
High Road, E15  
East Ham Leisure Centre  
324 Barking Road,  
East Ham E6 2RT  
Ford Park, Canning Town, E16  
Forest Gate Youth Centre

Woodgrange Road, E7  
Froud Centre  
Toronto Avenue,  
Manor Park E12 5JF  
Langthorne Park  
Off Leytonstone High  
Road, E11  
Leyton Manor Park  
Off Capworth Street,  
Leyton E10  
Lister Gardens Park  
Corner of Upper Road and  
Florence Road, Plaistow E13  
Little Ilford Ball Cage  
Reynolds Avenue,  
Manor Park E12  
Major Road Ball Cage  
Stratford E15  
Memorial Park  
West Ham E15  
New Beckton Park Ball Cage  
Savage Gardens, Beckton E6  
Newham Leisure Centre  
281 Prince Regent Lane,  
Plaistow E13 8SD  
Phoenix Cage  
Milner Road, West Ham E13  
Plaistow Park  
Balaam Street, Plaistow E13  
Plasnet Park  
Woodhouse Grove,  
East Ham E6  
Priory Park Ball Cage  
William Morley Close,  
Upton Park E13  
Royal Victoria Gardens  
Pier Road, North  
Woolwich E16  
Sarah Bonnell School  
Deanery Road,  
Stratford E15 4LP  
Score Complex  
100 Oliver Road  
Leyton E10 5JY  
Scud Park Ball Cage  
Tant Avenue,  
Canning Town E16  
Stratford Park  
Densham Road,  
Stratford E15  
St John's Community Centre  
Albert Road, North  
Woolwich E16  
Winsor Park, Warwall,  
Beckton E6





## ALL OTHER LISTINGS

### SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

#### Multi-Sports

Mondays at Eastlea multi-sports club for SEN & disabled young people, Eastlea Community School from 4 to 5.30pm

#### Multi-Activities

People with Disabilities Club, Tuesdays at Newham Leisure Centre from 10.30am to 12midday

#### Swimming

People with Disabilities Club, Tuesdays at Newham Leisure Centre from 3 to 5pm  
Newham Otters Swimming Club, Saturdays at Newham Leisure Centre from 4.45 to 5.45pm  
Real Life Parenting, Sundays at Balaam Leisure Centre from 12midday to 2pm  
Newham Swim School; 12 week course for disabled young people from 6 May to 22 July at Newham Leisure Centre from 4.30 to 5.30pm. £20 for the full course

#### Trampolining / Fitness / Swimming

SEN and disabled adults at Newham Leisure Centre, Tuesdays from 10am to 4pm

#### Get fit for free

Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre on Tuesdays from 1.30 to 3.30pm. To book an induction

you must contact Andrew Nippard on 020 7511 4477

#### New Age Kurling

Wednesdays from 30 April to 2 July at Newham Leisure Centre, 4 to 5.30pm. FREE

#### Goalball

First Thursday of the month at Newham Club, Brampton Manor School from 5 to 7pm

#### Trampolining

Fridays at Newham Leisure Centre from 4 to 5pm. Please book places in advance due to limited places. Call Andrew Nippard on 020 7511 4477 or email [andrew.nippard@newham.gov.uk](mailto:andrew.nippard@newham.gov.uk)

#### Wheelchair Football

West Ham United Power Wheelchair Football Club, Saturdays at Eastlea Community School from 1 to 2pm

#### B1 Football Club

Third Sunday of every month at East Ham Leisure Centre from 10am to 12midday

## COMMUNITY FORUMS

#### Forest Gate Community Forum clean up day

Join councillors and council staff outside During Hall at 10.30am on Saturday 28 June. Roads covered will be Sprowston, Clova, Norwich and Earlham Grove. Call 020 8430 6330

## OTHER EVENTS

#### Stratford Circus

##### Dance Collection 08

A celebratory evening of outstanding work produced by NewVlc's dance teachers and students, with dynamic performance for the stage and film in a range of explosive dance styles, including an exciting new piece choreographed by Kofi Mingo.

Thursday 5 June, 7pm

Tickets: £2/£1

#### Dance Ventures

Schools from across Newham celebrate their dance ventures in these showcase performances by teacher and artist collaborations. Royal Opera House Education also joins in to explore the fusion of ballet and poppin'! Two nights of diverse dance from some of tomorrow's brightest dancers.

Tue 10 / Wed 11 June, 7pm

Ticket Prices: £2/£1

#### How High Is Up?

Little Star and the Bird Who Has No Wings face an extraordinary journey to meet the Magicians of Roaring Winds, Pouring Rain and Silent Snow to stop Time. Watched over by the Sun and the Moon, Little Star reaches an unexpected shore. Full of music and movement, this magical play celebrates life in all its changes and its lasting truths.

Sat 7 June, 3pm

Ticket Prices: £4

Ages 4-8, 50 mins

[www.theatre-centre.co.uk](http://www.theatre-centre.co.uk)  
Part of Stratford Circlets Children's Theatre

## Box Office and Bookings

Tickets must be booked in advance. Booking for these events is through the Stratford Circus box-office on 020 8279 1015 or through the website at [www.stratford-circus.com](http://www.stratford-circus.com)  
Stratford Circus  
Theatre Square, Stratford, E15

## USEFUL NUMBERS

020 8430 2000

Hundreds of services, just one number – for all council enquiries

For questions about councillor surgeries or to find out which ward you live in, call 020 8430 2000 or visit [www.newham.gov.uk/yourcouncillor](http://www.newham.gov.uk/yourcouncillor)

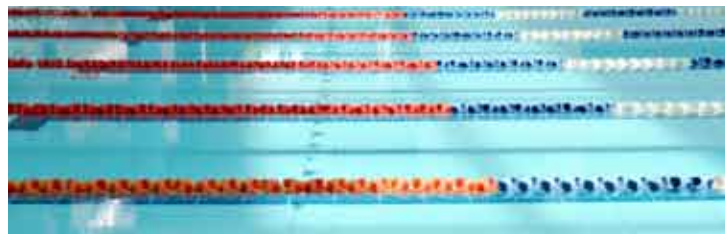
Write to Mayor Sir Robin Wales at Newham Town Hall, Barking Road, East Ham E6 2RP or email [mayor@newham.gov.uk](mailto:mayor@newham.gov.uk)

For information about Community Forums freephone 0800 519 4015 or email [community.forums@newham.gov.uk](mailto:community.forums@newham.gov.uk)

For information about the 2012 Games and how it will affect Newham, visit [www.newham.com/2012Games](http://www.newham.com/2012Games)

To report anti-social behaviour call Newham's 24-hour hotline on 0800 731 3300

To speak to the editor of The Newham Mag, call Anita Plaha on 020 8430 2000 or email [mag@newham.gov.uk](mailto:mag@newham.gov.uk)







The Mayor of Newham and Newham Council invite you to

# Newham's free Summer Of Fun!



## MAYOR'S NEWHAM SHOW

Saturday 12 - Sunday 13 July

Central Park, East Ham E6

A weekend of fun entertainment in the park! Plus spectacular carnival

## UNDER THE STARS

Thursday 28 August - Sunday 31 August

Central Park, East Ham E6

Four nights of fantastic free music. With firework finale

## PLUS

FREE SUMMER KIDS' COURSES -

everything from designing websites to building go-karts

FUN IN THE PARK AND LOADS MORE!

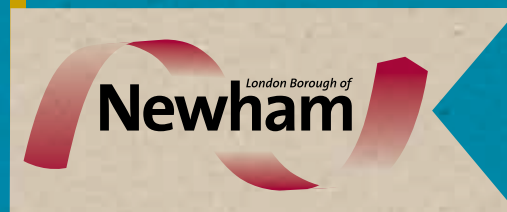
## ALL FOR FREE!

[www.newham.com/summer](http://www.newham.com/summer)

020 8430 2000



SATURDAY  
**JULY**  
**12**  
2-8PM



SUNDAY  
**JULY**  
**13**  
2-8PM

Newham's free Summer Of Fun!

# THE MAYOR'S NEWHAM SHOW

**12-13 JULY • CENTRAL PARK,  
HIGH STREET SOUTH, EAST HAM E6**

**PLUS SPECTACULAR CARNIVAL  
STARTS 2PM SATURDAY AT THE SHOWGROUND**

**FUN FOR ALL THE FAMILY**

# FREE

[www.newham.com/summer](http://www.newham.com/summer) 020 8430 2000

**NO PUBLIC PARKING PLEASE USE PUBLIC TRANSPORT**

Tube: East Ham Station

Buses: 58, 101, 104, 115 to Central Park; 5, 147, 238 to Barking Road

Parking, toilets and access. For more information 020 8430 2000

THIS EVENT TAKES PLACE ON GRASS. YOU MAY BE SEARCHED AS A CONDITION OF ENTRY. NO GLASS BOTTLES OR DOGS.